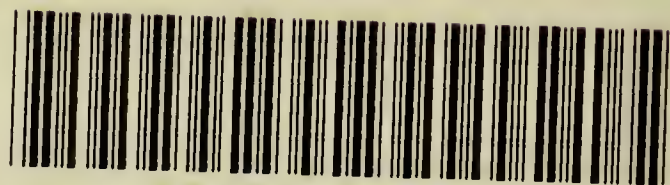


PHYSICAL EDUCATION

Physical Education.

BY  
C. M. ELY.

Edgar A. Cizmar



22101419906

Med  
K9117



# PHYSICAL EDUCATION.

---

## LING'S SWEDISH SYSTEM

ADAPTED FOR  
USE OF SCHOOLS.

— 0:0 —

ARRANGED BY

C. M. ELY,

SUPERINTENDENT OF PHYSICAL EDUCATION TO THE LONDON SCHOOL BOARD.

— 0.0 —

**FOURTH EDITION.**

—  
PRICE ONE SHILLING.  
—

London :

HENRY PALMER, Printing Works, 14, Brownlow-street, Holborn, W.C.

Published by Miss C. M. ELY, 36, Mimosa-st., Fulham, S.W.

1891.

[ALL RIGHTS RESERVED.]

877 a 11 9

COPIES OF THIS BOOK  
MAY BE OBTAINED OF  
**Miss C. M. ELY,**  
36, Mimosa Street, Fulham, S.W.  

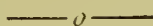
---

Post-free 1s. 1½d. each.

WELLCOME INSTITUTE LIBRARY	
Coll.	welMOmec
Call No.	
	QT



## P R E F A C E.



This book has been arranged for the use of Teachers who have received, or are receiving a course of Physical Training according to Ling's Swedish System, but in placing it in their hands there are a few points respecting the physical training of the young to which I desire particularly to call attention.

*I. Physical*, like mental training should be *gradual* and at no time excessive, it should also be *regular*. It is a serious mistake to "work up" the drill at one period of the year and altogether, or partially, neglect it at another.

*II. Time*:—The time I recommend is one half hour a week for teaching purposes, also a few minutes every day which should be equally distributed between lessons.

Have you ever noticed after leaning over a desk to read or write for any length of time, what a relief it is to lean back in your chair and stretch your arms and legs? Children have a like feeling and by executing a few brisk movements (if only the three that nature directs, viz: a trunk bending backward, and an arm and leg exercise) after a lesson, they will start again refreshed. In all schools where this is done it proves to be a good antidote for restlessness and habits of inattention, in addition to improving, in a marked degree, the physique of the children.

*III. Place*:—Exercise to be beneficial should be taken in a playground or a well ventilated hall or corridor. The former, however, can only be used, when the weather is favourable, for *standing* exercises, and in cold weather for marching and running. In many cases the class rooms have to be used, under such circumstances as much fresh air as possible should be admitted without causing a draught.

Now a few hints as to the mode of instruction: The first four Tables may be taken in Standard I. and two additional Tables for each progressive Standard. It must however be borne in mind that this is only to be done where instruction is given throughout the School. In other cases discretion must be used by the Teacher in deciding upon the number of Tables to be taught; but care should be taken to thoroughly master each table before a new one is commenced. It should also be noted that each movement has a definite aim which the Teacher should strive to achieve. Discretion must however be used in the case of delicate and under-fed children, the rule should be, "*suit the exercise to the child.*"

Precision and steadiness are two important points in Drill. The Teacher should endeavour to secure them from the commencement.

No correction should be made while the children are in a difficult or strained position. Let the class resume the fundamental position, make the necessary correction, and repeat the movement!

*IV. Marching*:—Good plain marching and simple running is all the Swedish System recommends. I have, however, devoted one chapter alone to various marches which are intended more for recreative purposes. One march should be perfected before another is commenced, but, and this I want particularly to impress upon the Teachers, first get *good simple marching*, and strive to overcome the flat footed, heavy step and slovenly gait so common among girls.





## ORDER OF MOVEMENTS.

---

Physical Education means the harmonious development of *every* part of the body, and in order that it may be accomplished it is advisable to keep to a set order of movements.

This order with few exceptions, has been adhered to throughout the book and will be found to consist of:—

1. Movements for the muscles of the feet and legs.
2. Movements for the muscles of the back of the trunk and neck.
3. Arm flexion and extensions, in which are included hand, wrist and finger exercises.
4. Balance movements.
5. Movements for the shoulder blade muscles.
6. Movements for the trunk especially the abdomen.
7. Lateral bendings.
8. Marching, running and leaping.
9. Slow respiratory movements.

Every exercise should be repeated two or three times.

After each movement the command “Rest,” “Repose,” or “Stand at ease,” should be given and care should be taken that the position assumed is an easy one, so that the children really do take a rest. Before commencing the next exercise, command “Position” or “Attention.”

The words of *attention* should be delivered distinctly, and the words of *command* with decision, if the movement is to be executed with smartness, and prolonged in the case of slow movements. In other words the mode of *command* should convey to the mind the manner in which the movement is to be executed.

## PRELIMINARIES.

---

### *PREPARATION FOR DRILL IN DESKS—*

1. Standing position :—" One," " two."
2. **POSITION!**
3. One step to the right (or left.) **MARCH!** " One," " two."
4. Class number off in " one's " and " two's " from the left (or right)  
**BEGIN!** " One," two."
5. " One's " (or " two's ") mount the seats. **MARCH!** " One,"  
" two."

After the lesson return the children to class places by :—

1. " One's " (or " two's ") off the seats. **MARCH!** " One," " two."
  2. Class to the left (or right). **MARCH!** " One," " two."
  3. Sitting position. " One," " two."
- 

### *PREPARATION FOR DRILL IN HALL OR PLAYGROUND—*

1. Formation in files and ranks :—  
**FILES :—**
2. In two or four files. **FALL IN!**
3. File. **COVER!**
4. Distance forward. **TAKE!** Backward **MARCH!**  
**POSITION!**
5. Right (or left). **FACE!** Number off in " one's " and " two's."  
**BEGIN!** Left (or right). **FACE!**
6. Open files. **MARCH!** " One," " two." " One's " (or " two's ") a  
step to the right (or left). **MARCH!** " One," two." File  
(there are four now). **COVER!**

## HINTS TO TEACHERS.

---

1. Dual desks are supposed to be those in use. On "one" the feet are placed on the floor, on "two" stand.
2. A good position is of great importance. The head should be erect, shoulders and hips well back, the arms straight by the sides, and the toes at right angles.
5. The class so arranged can perform nearly every exercise. For feet placing forward or knee standing position, the children standing on the seats should be turned to the right or left.
3. Feet on the foot board on "two."
1. Children are in files when standing behind each other and in ranks when abreast.
2. Children should be arranged according to height, the smallest being placed in front, and the two leaders close beside each other. The class is now in "close file."
4. Children cease marching backwards when at arm's length from the child in front.
6. If space permit, open files twice and let "one's" march a step to the right, "two's" a step to the left or *vice versâ*. After the lesson, first return "one's" and "two's" to files by taking steps to the right and left as before, and secondly close files.

P R E L I M I N A R I E S (continued).

---

*F O R M A T I O N   I N   R A N K S—*

1. In two (or four) lines. **FALL IN!**
  
2. Single distance to the right (or left.) **TAKE!** To the left (or right.) **MARCH! POSITION!**
  
3. Lines to the left (or right.) **STRAIGHT! EYES-FRONT!**
4. Number off in "one's" and "two's." **BEGIN!**
5. Rear line open ranks. **MARCH!** "One," "two. **HALT!**
  
6. "One's" (or "two's") open lines. **MARCH!** "One," "two."

## HINTS TO TEACHERS.

---

1. Arrange children according to height as in files, the rear line close behind the front.

2. Children place the fingers of the right hand on the shoulder of the one standing on their right and take steps to the left till the space between each is an extended arm's length, sideways.

6. To open lines take one step backward.

If space permit the rear line may be open with three or more steps.

If the rear line open with three steps then the "one's" may take a step backward and the "two's" a step forward or *vice versâ*.

After the lesson, first returns the "one's" and "two's" to lines, and second let the rear line close ranks with as many steps as they opened.

In *Infant* schools it is unnecessary to devote a deal of time to numbering off, as after all young children are apt to forget their number. I find it advisable in such cases to arrange the class in double files of alternate boys and girls, so that after opening files, the only command necessary is "Boys a step to the right, girls a step to the left." **MARCH!** "One," "two," or *vice versâ*. *Girls* who have thoroughly mastered in the lower standards the opening of files and lines to commands as given above, should afterwards be taught to execute the same at one command,—*e.g.* 'after having numbered off, command. Left, turn, open files, twice; "one's" to right, "two's" to left. **MARCH!**



## PRELIMINARIES (continued.)

---

### *TURNING—*

1. To the left **TURN!** “One,” “two,” “three.”

On “one” raise the right heel as high as possible from the ground, on “two” turn a quarter of a circle, swinging round on the left heel and right toe, and on “three” place the right foot in position.

2. Left about **TURN!** This is executed in the same way with the exception that half a circle instead of a quarter is turned on “two.”
- 

### *TO CONVERT A DOUBLE INTO A SINGLE FILE AND VICE VERSA—*

1. Left hand file form one file. **MARCH!** “One,” “two,” “three.”

On “one” the left foot is placed a step backward, on “two” the right foot is placed behind the partner’s right foot, and on “three” the left foot is brought into position.

2. Form two files to the left. **MARCH!** “One,” “two,” “three.”

On “one” the left foot is placed a step to the side, on “two” the right foot is placed a step forward by the side of the partner’s left, on “three” left foot in position.

3. Form one line. **MARCH!** “One,” “two,” “three.”

The children are arranged in lines as directed.

The rear line form one line to the left. **MARCH!** “One,” “two,” “three.”

On “one” the left foot is placed a step to the side, on “two” the right foot is placed by the child standing in front, on “three” left foot in position.

4. Form two lines. **MARCH!** “One,” “two,” “three.”

On “one” the left foot is placed a step backward, on “two” the right foot is placed behind the partner’s right foot, and on “three” the left foot in position.



## HINTS TO TEACHERS.

---

2. After a little practice, the movements "one" and "two" should be almost simultaneous, hence, "To the left." **TURN!** "One," "two," only is commanded. Practice also turning to the right.
  
1. The left hand file is the one on the right hand of the Teacher facing the class.
  
2. The same children return to places.  
This movement should be practised by the right hand file.
  
3. See Preliminaries. Ranks 1 and 2.

In these formations the children should after some practice keep their own time, the word of command only being given.

---

1. Hips—**FIRM!**      **POSITION!**      Repeat:—"One," "two."

2. Hips—**FIRM!**      Feet—**CLOSE!**      Feet—**OPEN!**  
**POSITION!**

3. Arms upward—**BEND!**      Arms downwards—**STRETCH!**

4. Hips—**FIRM!** Head to the left—**TURN!** Forward—**TURN!**  
Head to the right—**TURN!** Forward—**TURN!**  
**POSITION!**

5. One step forward—**MARCH!**      “One,” “two.”  
One step backward—**MARCH!**      “One,” “two.”

6. Arms upward—**BEND!** Upward—**STRETCH!**  
Arms—**BEND** Arms downwards—**STRETCH!**

## Marching.

## HINTS TO TEACHERS.

---

### NOTE.

1. The elbows should be directed straight from the sides. See Fig. 4.
2. The toes should be slightly lifted and not slid along the ground. See Fig. 2 (a).
3. Care should be taken that the arms are flexed in the natural position. See Fig. 3.



Fig. 1.

4. With few exceptions all head and trunk movements are executed in slow time.



Fig. 2 (a).

5. The second step only should be marked.



Fig. 2 (b).

6. See Fig. 3 and Fig. 5.

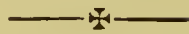


Fig. 2 (c).

7. See Table. 15.

Each movement should, according to the discretion of the Teacher, be executed three or four times, first, from words of command as given above, and afterwards to counting.

## TABLE II.



### EXERCISE.

1. Hips—**FIRM!**      Tiptoe raising left foot—**BEGIN!**  
Attention—**HALT!**      “One,” “two.”
  
2. Hips—**FIRM!**      Head backward—**BEND!**  
Head upward—**RAISE!**      Repeat to numbers.      “One,” “two.”  
**POSITION!**
  
3. Arms upward—**STRETCH!**      “Two.”  
Arms downward—**STRETCH!**      “Two.”      Repeat counting to  
four.
  
4. Hips—**FIRM!**      Heels—**RAISE!**      Heels—**SINK!**  
**POSITION!**
  
5. Neck—**REST!**      **POSITION!**
  
6. Hips—**FIRM!**      Trunk forward—**BEND!**  
Trunk upward—**RAISE!**      **POSITION!**
  
7. Marching.
  
8. Arms upward and outward—**RAISE!**  
Arms downward and outward—**SINK!**

## HINTS TO TEACHERS.

---

### NOTE.

1. There is a tendency to sway the body while performing this exercise. It should be kept almost stationary.

2. The head should be well bent and care taken that the shoulders are not moved.

3. All arm exercises should be executed with vigour, and in moderate time. See Fig. 5. They may be started on "Stretch," or executed entirely to numbers according to the wish of teacher.

4. "Heels sink" gently. See Fig. 7.

5. The elbows should be well extended and the head kept erect. See Fig. 6.

6. Care should be taken that the head is kept in its natural position.

7. See Table 15.

8. The arms should be kept perfectly stiff and straight throughout the movement, and the hands well extended.

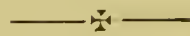


Fig. 3.



Fig. 4.

# TABLE III.



## EXERCISE.

1. Feet close and hips—**FIRM!** Feet—**OPEN!**  
Feet closing and opening in one time. “One,” “two.”  
**POSITION!**
2. Hips—**FIRM!** Head to the left—**BEND!** Head upward—  
**RAISE!**  
Head to the right—**BEND!** Upward—**RAISE!**  
Repeat counting to four—**POSITION!**
3. Right arm upward, left arm downward—**STRETCH!** “Two.”  
Arms—**CHANGE!** “One,” “two.” Arms downward—  
**STRETCH!** “Two.”
4. Feet close and hips—**FIRM!** Heels—**RAISE!** Heels—  
**SINK! POSITION!**
5. Arms forward—**BEND!** Arms outward—**FLING!**  
**POSITION!** Repeat counting to three.
6. Hips—**FIRM!** Trunk to the left—**TURN!**  
Trunk forward—**TURN!** Trunk to the right—**TURN!**  
Trunk forward—**TURN! POSITION!**
7. Hips—**FIRM!** Trunk to the left—**BEND!**  
Trunk upward—**RAISE!** Trunk to the right—**BEND!**  
Trunk upward—**RAISE! POSITION!**
8. Marching.
9. Arms forward and upward—**RAISE!**  
Arms downwards and outward—**SINK!**  
Repeat counting to two.



## HINTS TO TEACHERS.

---

### NOTE.

1. See Table 1. Note 2.

2. The neck should be well bent and care taken that the shoulders are not lifted.

3. See Table 8. Note 7.  
See Fig. 9.

4. See Table 2. Note 4.

5. The chest should be well expanded, palms of the hands facing the ground and a horizontal line across the back from elbow to elbow. See Fig. 10.

6. The feet and legs should remain stationary.

7. This movement should be a slow contraction of the muscles of the side. The legs should be kept perfectly straight and stiff. See Fig. 8.

8. See Table 15.

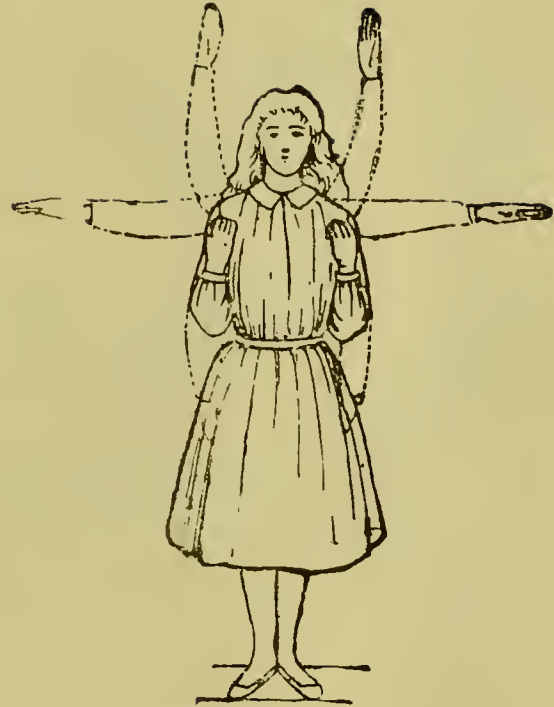
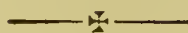


Fig. 5.



Fig. 6.

# TABLE IV.



## EXERCISE.

1. Hips—**FIRM!** Left foot outward—**PLACE!** Foot back in position—**PLACE!** Right foot outward—**PLACE!**  
Feet—**CHANGE!** “One,” “two.” **POSITION!**
2. (a) Hips—**FIRM!** Trunk forward—**BEND!** Trunk upward—**RAISE!** **POSITION!**  
(b) Arms upward—**BEND!** Trunk backward—**BEND!**  
Trunk upward—**RAISE!** **POSITION!**
3. Arms outward—**STRETCH!** “Two.” Pronation and Supination. “One,” “two.”  
Arms downward—**STRETCH!** “Two.”
4. Neck—**REST!** Heels—**RAISE!** Heels—**SINK!**  
**POSITION!**
5. Feet close and arms forward—**BEND!** Feet open and arms—**FLING!** **POSITION!** Repeat counting to three.
6. Knee standing position—**PLACE!** “One,” “two.” Hips—**FIRM!**  
Trunk backward—**BEND!** Trunk upward—**RAISE!**  
Arms—**POSITION!** Standing position—**PLACE!**  
“One,” “two.”
7. Neck—**REST!** Trunk to the left—**BEND!**  
Trunk upward—**RAISE!** Trunk to the right—**BEND!**  
Trunk upward—**RAISE!** **POSITION!**
8. Marching.
9. A slow arm raising counting to four.

## HINTS TO TEACHERS.

---

### NOTE.

1. See Fig. 2. (c. 2).

2. (a) See Table 2. Note 6.

Although it has not been considered necessary to give a "Trunk bending forward" in every Table, one should be given at every lesson previous to "Trunk bending backward."

(b) The trunk should not be just bent backward from the waist, but a deep breath should be taken and the ribs well raised while the movement is being executed, so that all the muscles of the back are brought into action.

3. The term "hand turning" may be used instead. See Fig. 5.

4. The body should be well balanced and the heels pressed together.

6. The knees should be slightly separated so as to allow the feet to remain as in the fundamental position.

7. See Table 3. Note 7.  
See Fig. 8.

8. See Table 15.



Fig. 7.



Fig. 8.

## TABLE V.



### EXERCISE.

1. Hips—**FIRM!** Left foot sideways—**PLACE!**  
Left foot back in position—**PLACE!** Right foot sideways—  
**PLACE!**  
Feet—**CHANGE!** “One,” “two.” Foot back in position—  
**PLACE! POSITION!**
2. (a) Feet close and hips—**FIRM!** Trunk backward—**BEND!**  
Trunk upward—**RAISE! POSITION!**  
(b) Hips—**FIRM!** Head turning counting to four—  
**POSITION!**
3. Arm stretching upward, outward and downward, counting to six—  
**STRETCH!** “Two,” etc.
4. Hips firm and left foot outward—**PLACE!** Heels—**RAISE!**  
Heels—**SINK!** Feet—**CHANGE!** “One,” “two.”  
Heels—**RAISE!** Heels—**SINK! POSITION!**
5. Arms forward and upward—**SWING!** Forward and backward—  
**SWING!** Repeat counting to two—**POSITION!**
6. Hips firm and feet sideways—**PLACE!** “One,” “two.”  
Trunk turning slowly to four—**POSITION!** “One,” “two.”
7. Right hand neck rest, and left hand, hip—**FIRM!**  
Trunk to the left—**BEND!** Trunk upward—**RAISE!**  
Hands—**CHANGE!** Trunk to the right—**BEND!**  
Trunk upward—**RAISE! POSITION!**
8. Marching.
9. Arms upward and outward—**RAISE!**  
Arms downward and outward—**SINK!**  
Repeat counting to two.

## HINTS TO TEACHERS.

---

### NOTE.

1. Care should be taken to keep the heels in a straight line.  
See Fig. 2. (c. 3).

2. (a) Look to the knees and see that they are kept stiff during this movement! See Table 4. Note 2.  
(b) Head exercises should be started from the left side.



Fig 9.

3. Arm stretchings should not be hurried. See Fig. 5.

4. See Fig. 7.

5. Arms should be perfectly stiff and straight, and body should remain stationary. There is a tendency to sway forward in the second part of the exercise. See Fig. 11.

6. All trunk movements, unless commanded differently should be started from the left side. For "feet sideways" see Fig. 2 (b).

7. See Table 3. Note 7.  
See Fig. 13.

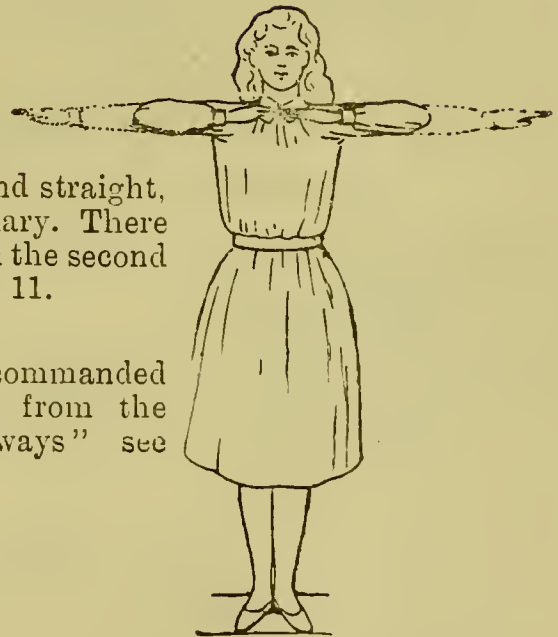


Fig. 10.

8. See Table 15.

9. In both parts of the movement the arms should be kept well back, as there is a tendency to contract rather than expand the chest.



## TABLE VI.



### EXERCISE.

1. Hips—**FIRM!** Left foot forward—**PLACE!** Left foot back in position—**PLACE!**  
Right foot forward—**PLACE!** Feet—**CHANGE!** “One,” “two.”  
Foot back in position—**PLACE!** **POSITION!**
2. Hips firm and feet sideways—**PLACE!** “One,” “two.” Trunk backward—**BEND!**  
Trunk upward—**RAISE!** Trunk forward—**BEND!**  
Head turning counting to four. Trunk upward—**RAISE!**  
**POSITION!** “One,” “two.”
3. Arms forward—**STRETCH!** “Two.” Arms upward—**STRETCH!** “two.”  
Arms downward—**STRETCH!** “Two.” Repeat counting to “six.”
4. Feet close and neck—**REST!** Heels—**RAISE!** Heels—**SINK!** **POSITION!**
5. Arms forward—**BEND!** Arms outward—**FLING!**  
Arms bending and flinging in one time. “One,” “two.”  
**POSITION!**
6. Feet close and hips—**FIRM!** Trunk turning counting to four.  
**POSITION!**
7. Hips firm and left foot sideways—**PLACE!** Trunk to the left—**BEND!**  
Trunk upward—**RAISE!** Feet—**CHANGE!** “One,” “two.”  
Trunk to the right—**BEND!** Trunk upward—**RAISE.**  
**POSITION!**
8. (a) Hips—**FIRM!** Preparation for leap. “One,” “two,” “three,” “four.” On the spot—**LEAP!** “One,” “two,” “three,” “four,” “five,” “six.”  
(b) Marching.
9. A slow arm raising counting to four.



## HINTS TO TEACHERS.

---

### NOTE.

1. After the execution of any foot placing both knees should be stiff.  
See Fig. 2 (c. 1).

2. The second step only should be marked.  
For trunk movement. See Table 4. Note 2 and Table 2. Note 6.  
For head exercise. See Table 5. Note (2. b).

3. See Fig. 5.  
See Table 5. Note 3.

4. See Fig. 7.

5. See Table 3. Note 5.  
See Fig. 10. Note that it is "bending and flinging," not "flinging and bending," this mistake is often made.

7. Care must here be taken that the position of the foot is correct or the body will be twisted, and the movement will not have the right effect.

8. (b) See Table 15.  
(a) The body should be well raised upon the toes and the movement executed in quick time. Children should be encouraged to spring as high from the ground as possible, alighting on the toes, with knees bent outward.

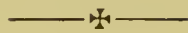


Fig. 11.



Fig. 12.

## TABLE VII.



### EXERCISE.

1. Feet close and hips—**FIRM!** Left foot straight forward—**PLACE!**  
Feet. **CHANGE!** “One,” “two.” Foot back in position—**PLACE! POSITION!**
2. Arms forward bend and feet sideways—**PLACE!** “One,” “two.”  
Trunk forward—**BEND!** Trunk upward—**RAISE!**  
Trunk backward—**BEND!** Trunk upward—**RAISE!**  
**POSITION!** “One,” “two.”
3. Arm stretching upward, forward and downward counting to  
“six”—**STRETCH!** “Two,” etc.
4. Hips—**FIRM!** Heels—**RAISE!** Knees outward—**BEND!**  
Knees—**STRETCH!** Heels—**SINK!** Repeat counting  
to four—**POSITION!**
5. Left arm forward and upward—**SWING!**  
Arms—**CHANGE! POSITION!**
6. Knee standing position—**PLACE!** “One,” “two.”  
Arms upward—**BEND!** Trunk backward—**BEND!**  
Trunk upward—**RAISE!** Arms—**POSITION!**  
Standing position—**PLACE!** “One,” “two.”
7. Feet close and neck—**REST!** Trunk bending to the side  
counting to “four”—**POSITION!**
8. (a) Leaping.  
(b) Marching.
9. Heels raise and arms forward and upward—**RAISE!**  
Heels sink and arms outward and downward—**SINK!** Repeat  
counting to two.

## HINTS TO TEACHERS.

---

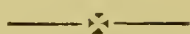
### NOTE.

1. The foot should not be turned when placed straight forward. On the "one" the feet are closed. See Fig. 2 (a).
2. The arms "bend" on "two."
3. See Table 5. Note 3.  
See Fig. 5.
4. In this movement there is a tendency to force the knees forward, they should be directed outward so as to maintain the balance of the body, and the heels kept from the floor. See Fig. 12.
5. See Table 5. Note 5.
6. See Table 4. Note 6.
7. See Table 3. Note 7.
8. (a) See Table 6. Note 8 (a).  
(b) See Table 15.
9. The body should be quite steady when the heels are raised.



Fig. 13.

## TABLE VIII.



### EXERCISE.

1. Hips—**FIRM!** Foot placing forward, outward and sideways,  
left foot—**BEGIN!** “One,” “two,” etc. Right foot—  
**BEGIN! POSITION!**
2. (a) Arms upward—**BEND!** Trunk backward—**BEND!**  
Arms stretching upward and bending. “One,” “two.”  
Trunk upward—**RAISE! POSITION!**  
(b) Head bending forward, backward and sideways counting to  
“eight.”
3. Arm stretching upward, outward, forward and downward counting to  
“eight.”—**STRETCH!** “Two,” etc.
4. Hips—**FIRM!** Heels—**RAISE!** Knees—**BEND!**  
Head turning counting to three.  
Knees—**STRETCH!** Heels—**SINK! POSITION!**
5. Arm stretching backward combined with arm flinging counting to  
six.—**STRETCH!** “Two,” etc.
6. Neck rest and feet sideways—**PLACE!** “One,” “two.”  
Trunk turning counting to four—**POSITION!** “One,”  
“two.”
7. Right arm upward, left arm downward—**STRETCH!** “two.”  
Trunk to the left—**BEND!** Trunk upward—**RAISE!**  
Arms—**CHANGE!** “One,” “two.” Trunk to the  
right—**BEND!**  
Trunk upward—**RAISE!** Arms downward—**STRETCH!**  
“Two.”
8. (a) Leaping.  
(b) Marching.
9. Arms outward and upward—**RAISE!**  
Arms outward and downward—**SINK!**

## HINTS TO TEACHERS.

---

NOTE.

1. The step should be marked each time the foot is returned to the fundamental position. See Fig. 2. (1, 2, 3).

2. (a) The arms should be well stretched by the side of the head, and this part of the movement executed quickly, and not repeated.

3. See Table 2. Note 3. Fig. 5.

4. The body should be kept erect when the knees are bent outward. The head movement executed in quick time, the order being "left," "right," "forward."



Fig. 14

7. The arm should be stretched close to the side of the head and the latter not inclined to the arm. See Fig. 9.

8. (a) See Table 6. Note 8 (a).  
(b) See Table 15.

## T A B L E I X.



### EXERCISE.

1. Arms upward stretch and feet sideways—**PLACE!**  
Arms and feet—**POSITION!**
2. Hips firm and left foot forward—**PLACE!** Trunk backward—**BEND!**  
Trunk upward—**RAISE!** Feet—**CHANGE!**  
Trunk backward—**BEND!** Trunk upward—**RAISE!**  
**POSITION!**
3. Right arm upward, left arm forward—**STRETCH!**  
Arms—**CHANGE!** Arms downward—**STRETCH!**
4. Hips firm and feet sideways—**PLACE!** Heels—**RAISE!**  
Knees—**BEND!** Knees—**STRETCH!** Heels—**SINK!**  
**POSITION!**
5. Arms forward and upward—**SWING!** Arms forward and  
outward—**SWING!** Repeat counting to two—  
**POSITION!**
6. Hips—**FIRM!** Left foot forward in pass position—**PLACE!**  
Feet—**CHANGE!** **POSITION!**
7. Neck rest and feet sideways—**PLACE!**  
Trunk bending to the side counting to four—**POSITION!**
8. (a) Leaping.  
(b) Marching.
9. A slow arm raising combined with heel raising and knee bending,  
counting to four.



## HINTS TO TEACHERS.

---

### NOTE.

The numbers on which the movements should be executed are omitted in this and the following Tables.

2. Care must be taken that the foot movement is correct and the front, as well as the hind knee stiff.

4. See Table 7. Note 4.

5. In the second part of the exercise the hands should be brought on a level with the shoulders and the palms turned downward before being swung outward.

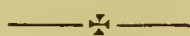


Fig. 15.

6. The body should be bent well forward from the hips, the line from the head to the heel of the rear foot should form an angle of  $45^\circ$  with the floor. See Fig. 16.

8. (a) See Table 6. Note 8 (a).  
(b) See Table 15.

## TABLE X.



### EXERCISE.

1. Neck—**REST!** Foot placing forward, outward and sideways counting to six, left foot—**BEGIN!** Repeat with the right foot—**POSITION!**
2. Left foot forward and right arm upward—**STRETCH!**  
Trunk backward—**BEND!** Trunk upward—**RAISE!**  
Arms and feet—**CHANGE!** Repeat the trunk movement—**POSITION!**
3. Right arm upward, left arm sideways—**STRETCH!**  
Arms—**CHANGE!** Arms downward—**STRETCH!**
4. Hips firm and left foot outward—**PLACE!** Heels—**RAISE!**  
Knees—**BEND!** Knees—**STRETCH!** Heels—**SINK!**  
Feet—**CHANGE!** Repeat the same movement—**POSITION!**
5. Arms forward—**BEND!** Arms fling and left foot forward—**PLACE!**  
Arms and feet—**CHANGE!** **POSITION!**
6. Hips—**FIRM!** Half to the left—**FACE!** Left foot forward in pass position—**PLACE!** **CHANGE!** **POSITION!**
7. Hips firm and feet sideways—**PLACE!** Trunk to the left—**TURN!**  
Trunk backward—**BEND!** Trunk upward—**RAISE!**  
Trunk forward and to the right—**TURN!** Repeat the trunk movement—Forward—**TURN!** **POSITION!**
8. Leaping.
9. Marching.
10. Arms forward and upward—**RAISE!** Arms outward and downward—**SINK!**

## HINTS TO TEACHERS.

---

### NOTE.

1. See Table 8. Note 1. See Fig. 2.
2. The foot movement is executed on "two."  
See Fig. 15.  
See Table 9. Note 2.

3. See Fig. 14.

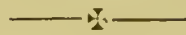
4. See Table 7. Note 4.



Fig. 16.

5. See Table 3. Note 5,  
Fig. 10.
6. Care must be taken to keep the feet at right angles throughout the movement. The foot which remains stationary should be pressed firmly on the ground. See Table 9. Note 6.
7. Children should not be allowed to turn too much previous to bending backward.
8. See Table 6. Note 8 (a).
9. See Table 15.

# TABLE XI.



## EXERCISE.

1. Left foot forward and arms upward—**STRETCH!**  
Arms and feet—**CHANGE! POSITION!**
2. Feet close and neck—**REST!** Trunk backward—**BEND!**  
Trunk upward—**RAISE! POSITION!**
3. A double arm stretching in all directions counting to sixteen—  
**STRETCH!**
4. Hips—**FIRM!** (or neck rest). Left foot backward outward on  
tiptoe support—**PLACE!** Feet—**CHANGE! POSI-**  
**TION!**
5. Arms forward—**BEND!** Arms fling and left foot forward in pass  
position—**PLACE!** Arms and feet—**CHANGE!**  
**POSITION!**
6. Half knee standing position—**PLACE!** Hips—**FIRM!**  
Trunk backward—**BEND!** Trunk upward—**RAISE!**  
Knees—**CHANGE!** Repeat the trunk movement—  
**POSITION!**
7. Hips—**FIRM!** Trunk to the left—**TURN!** Trunk for-  
ward—**BEND!**  
Trunk upward—**RAISE!** Trunk forward and to the right—  
**TURN!**  
Repeat the trunk movement. Forward—**TURN! POSI-**  
**TION!**
8. Thrusting out the arms on the spot—**LEAP!**
9. Marching.
10. Arms forward and upward raise, and trunk to the left—**TURN!**  
Arms downward and outward sink, and trunk forward—**TURN!**  
Repeat turning to the right.  
Repeat counting to four.

## HINTS TO TEACHERS.

---

### NOTE.

1. For foot movement. See Fig. 2 (c. 1).
2. The knees should not be bent.
3. Twice upward, twice outward, etc. See Fig. 5.
4. The leg which is moved backward should be perfectly stiff, and the foot well raised on the toe, and the heel directed inwards.
5. See Table 9. Note 6. and Fig. 16 for position of feet, and Fig. 10 for position of arms.
6. The foot which remains in the fundamental position should be pressed firmly to the ground, with a right angle at the knee joint. See Fig. 17.
7. The knees should be stationary during the movement. See Table 10. Note 7.
8. The arms should not be lifted higher than the shoulders.
9. See Table 15.
10. Care should be taken to carry the arms as far back as possible in the second part of the movement.



Fig. 17.



## T A B L E    X I I .



### EXERCISE.

1. Hips—**FIRM!** (or Neck rest).      Foot placing forward, outward  
and sideways with heel raising, left foot—**BEGIN!**  
Repeat the same movement with the right foot—**POSITION!**
  
2. Arms forward bend and feet sideways—**PLACE!**  
Trunk backward—**BEND!**      Arms—**FLING!**      Arms  
forward—**BEND!**  
Trunk upward—**RAISE!**      Trunk forward—**BEND!**  
Arms—**FLING!**  
Arms forward—**BEND!**      Trunk upward—**RAISE!**  
**POSITION!**
  
3. Right arm sideways and left arm forward—**STRETCH!**  
Arms—**CHANGE!**      **POSITION!**
  
4. Arms upward—**BEND!**      Heels—**RAISE!**      Knees—  
**BEND!**  
Arm stretching and bending (upward or outward) “One,” “two.”  
Knees—**STRETCH!**      Heels—**SINK!**      **POSITION!**
  
5. Arms swinging counting to seven.
  
6. Hips—**FIRM!**      Left foot outward in pass position—**PLACE!**  
Feet—**CHANGE!**      **POSITION!**
  
7. “One’s” right arm, “two’s” left arm upward—**STRETCH!**  
Trunk to the side—**BEND!**      Trunk upward—**RAISE!**  
Arms—**CHANGE!**      Repeat the trunk movement—  
**POSITION!**
  
8. Hips firm and feet sideways—**PLACE!**      Heels—**RAISE!**  
Width jumping—**BEGIN!**      Heels—**SINK!**      **POSITION!**
  
9. Marching.
  
10. A slow arm raising counting to four.



## HINTS TO TEACHERS.

---

### NOTE.

1. See Table 8. Note 1. The heel raising and sinking should be executed in even time and not consist of a series of jerks.
2. The arm movement while the trunk is bent backward should be executed in quick time and not repeated.

3. The body should not be twisted and the palms of both hands face the floor.

4. The balance of the body should be well maintained when the arms are stretched upward or outward.



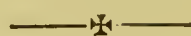
Fig. 18.

5. This movement may be taken according to Table 5. Exercise 5 or Table 9. Exercise 5.
6. There should be a diagonal line from the head to the heel of the unmoved foot which should also form an angle of  $45^{\circ}$  with the floor.
7. The body should always be bent to the side on which the arm is stretched downward.
8. The body should be well raised from the ground and the movement executed as lightly as possible, on the toes.
9. See Table 15.

### NOTE:—

In the last three Tables the positions are mostly very difficult and the arms employed to a great extent, consequently not one of these should form a lesson in itself. My object in them is to shew the many ways in which the various exercises may be combined. Each movement should, after being thoroughly mastered, be practised with those of the previous Tables.

## T A B L E   X I I I.



### EXERCISE.

1. Left foot forward, right arm upward, and left arm forward—**STRETCH!**  
Arms and feet—**CHANGE!      POSITION!**
2. (a) Hips—**FIRM!**      Head to the left—**TURN!**      Head backward—**BEND!**  
Head upward—**RAISE!**      Head forward and to the right—**TURN!**  
Head backward—**BEND!**      Head upward—**RAISE!**  
Head forward—**TURN!      POSITION!**  
(b) Feet—**CLOSE!**      Left foot straight forward and right arm upward—**STRETCH!**      Trunk backward—**BEND!**  
Trunk upward—**RAISE!**  
Arms and feet—**CHANGE!**      Repeat the trunk movement—**POSITION!**
3. Arms upward stretch and one step forward—**MARCH!**  
Arms downward stretch and one step backward—**MARCH!**
4. Hips—**FIRM!**      Left knee upward—**BEND!**      Foot back in position.  
Right knee upward—**BEND!**      Knees—**CHANGE!      POSITION!**
5. Arm stretching backward combined with arm flinging counting to six.
6. Arms upward bend and half to the left—**FACE!**  
Left arm upward, right arm downward and left foot forward in pass position—**PLACE!      CHANGE!      POSITION!**
7. Arms upward stretch and feet sideways—**PLACE!**      Trunk bending to the side counting to four—**POSITION!**
8. (a) Hips—**FIRM!**      Turning to the right—**LEAP!**      Turning to the left—**LEAP!**  
(b) Hips—**FIRM!**      Turning half a circle to the right—**LEAP!**  
Turning half a circle to the left—**LEAP!**
9. Marching.
10. A slow arm raising combined with heel raising and knee bending counting to four

## HINTS TO TEACHERS.

---

### NOTE.

1. Care should again be taken that the body is not twisted.

2. (b) This is a very difficult position and great care should be taken that it is correctly assumed before the trunk movement is given. See Fig. 2 (d) for foot movement.

3. This movement can also be taken with turnings to the right and left.

4. The angle formed by the upraised knee should be a right one. This movement should first be practised with natural supports as directed in class. See Fig. 19.



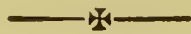
Fig. 19.

6. See points to be noted in Table 12. Note 6.

8. See Table 6. Note 8.

9. See Table 15.

## TABLE XIV.



### EXERCISE.

1. Left foot sideways and arms sideways—**STRETCH!**  
Arms and feet—**CHANGE! POSITION!**
2. Arms upward stretch and feet sideways—**PLACE!** Trunk  
backward—**BEND!** Trunk upward—**RAISE!** Trunk  
forward—**BEND!** Downward—**BEND!** Trunk forward—  
**RAISE!** Upward—**RAISE! POSITION!**
3. Arm stretching upward, backward, outward and downward counting  
to eight.
4. Hips—**FIRM!** Foot placing forward, outward and sideways  
with heel raising and knee bending, left foot—**BEGIN!**  
Repeat commencing with right foot—**POSITION!**
5. Arms forward—**BEND!** Heels—**RAISE!** Knees—  
**BEND!** Arms—**FLING!** Arms bending and flinging  
in one time. “One,” “two.”  
Knees—**STRETCH!** Heels—**SINK! POSITION!**
6. Prone falling position—**PLACE!** Right hand hip—**FIRM!**  
**REST!**  
Left hand hip—**FIRM! REST! POSITION!**
7. Arms sideways stretch and feet sideways—**PLACE!**  
Trunk bending counting to four—**POSITION!**
8. (a) Hips—**FIRM!** One step forward—**LEAP!**  
Right (or left) about—**FACE!** Repeat the same movement—  
**POSITION!**  
(b) Hips—**FIRM!** To close lines—**LEAP!** To open  
lines—**LEAP!** To change places—**LEAP!**
9. Marching.
10. A slow arm raising with trunk turning counting to four.

## HINTS TO TEACHERS.

---

### NOTE.

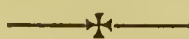
1. See Table 5. Note 1.
2. The arms should be kept close by the side of the head in both movements. See Fig. 20.
3. For backward, see Fig. 11.
4. See Table 8. Note 1. Also Table 12. Note 1.
5. The arms should remain outward while the knees are stretched and dropped to the sides on "Position."
6. The first part of this movement, or "crouching position," should be well practised before the second or third parts are attempted. This movement being very difficult should only be taken with well trained children, and not repeated.
7. The arms should retain the horizontal position throughout. See Fig. 18.
8. This leap is executed to four Start with the left foot, and afterwards with the right.
9. See Table 15.
10. See Table 11. Note 10.



Fig. 20.



## M A R C H E S.



1. (a) Simple marching. Forward and to the right (or left)—  
**MARCH!** Left, right, etc.—**ATTENTION!**  
**HALT!** “One,” “two.”  
 (b) Tiptoe—**MARCH!**  
 (c) With long steps—**MARCH!**  
 (d) With short steps—**MARCH!**  
 (e) Left (or right) about—**MARCH!**
  
2. Counter march outward once, inward once.  
 Forward to the right and left—**MARCH!**
  
3. Forward march with arm stretching upward and downward, marking the fourth step—**MARCH!**
  
4. Company march from “twos” to “eights” and *vice versâ*.  
 Forward to the right or left—**MARCH!**
  
5. Right (or left) hand file form one line—**MARCH!** “One,”  
 “two,” “three.”  
 Form the maze, forward—**MARCH!**
  
6. March with arm bending and flinging, marking the third step.  
 Forward—**MARCH!**
  
7. (a) Form an ellipse. (b) Form the Fig. 8. Forward—**MARCH!**
  
8. Single cross march. Forward—**MARCH!**
  
9. Double cross march—Forward—**MARCH!**
  
10. Forward—**RUN!** **ATTENTION!** **HALT!** “One,”  
 “two,” “three,” “four.”



Fig. 21.

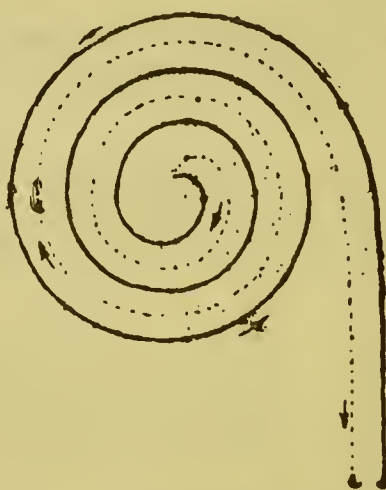


Fig. 22.



## HINTS TO TEACHERS.

---

1. (a) Children have a tendency at first to hurry marching. They should be called to time by an occasional—left, right, etc; care being taken at the same time that they are in step.  
 (b) In changing from one march to another the first step should be sounded.  
 (c) } In changing to long and short steps the rate of marching must  
 (d) } not be increased or diminished.  
 (e) “*Left about—March,*” on “march” the right foot should be in advance, “*Right about—March,*” the left foot should be in advance.
2. In a counter march the files should not bulge at either end. See Fig. 21.
3. The arm stretching should be executed smartly and not repeated more than five or six times. To stop arm stretching but not marching, command—**ATTENTION! CHANGE!** “One,” “two.”
4. This march should be rather slow and attention should be paid to the wheeling.
5. The curves should be kept a good shape throughout. See Fig. 22.
6. The “bending and flinging” should be correct. See Fig. 10. And not repeated many times.
7. } (a) See Fig. 24.  
 8. } & In all cross marches the rule must be made that the children do  
 9. } (b) not go out of their line to cross but must mark time on the spot till they can conveniently pass behind the one marching in front of them. See Fig. 23.
10. The arms should be easily bent, the body slightly inclined forward and the running performed on the toes.

Running should be taught in every Standard.

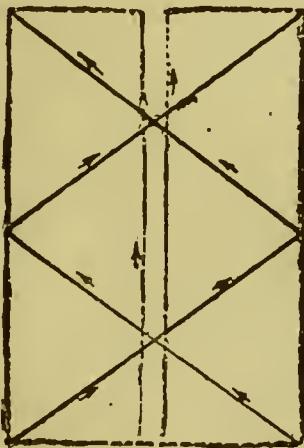


Fig. 23.

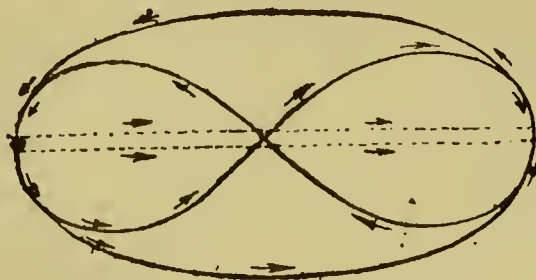


Fig. 24.











